





			THURSDAY 1	FRIDAY 2	   
			Steamed vegetable stewed Menestra de verdura al vapor	Poultry soup with noodles Sopa de ave con fideos	
			Grilled chicken breast with fries Pechuga de pollo plancha con patatas fritas	Roasted sole in carrot sauce Lenguadina al horno en salsa de zanahorias	
MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9	
Roasted pasta gratin with chorizo Coditos gratinados al horno con chorizo	Satuéed runner beans Judías verdes rehogadas	Complete salad Ensalada completa	Carrot cream Crema de zanahoria	Country salad Ensalada campera	
Battered hake with tomato salad Merluza empanada con ensalada de tomate	Spanish omelette with lettuce and maize Tortilla española con lechuga y maíz	Roasted sole in spinach sauce Lenguadina horno en salsa de espinacas	Homemade meatballs with diced potatoes Albóndigas caseras con patatas dado	Chicken nuggets with fries Nuggets pollo con patatas fritas	
MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16	
Roasted 3 delights rice Arroz tres delicias al horno	Fresh vegetable cream Crema de verduras frescas	Roasted pasta gratin Macarrones gratinados al horno	Spanish potato salad Ensaladilla rusa	Roasted cannelloni gratin Canelones gratinados	
Turkey ragu with vegetables Ragu de pavo con verduritas	Burger steaks in barbecue sauce with fries Filetes de hamburguesa en salsa barbacoa con patatas fritas	Roasted hake loin in vegetable sauce Lomos de merluza horno en salsa verdura	Roast chicken with fries Pollo asado con patatas fritas	Roasted salmon loin with zucchini Lomos de salmón al horno con calabacín	
MONDAY 19	TUESDAY 20	WENESDAY 21	THURSDAY 22	FRIDAY 23	
Roasted pasta gratin Bolognese style Espirales gratinadas al horno con boloñesa	Legume salad Ensalada de legumbre	Steamed vegetable stewed Menestra de verdura al vapor	Roasted rice with chicken Arroz al horno con pollo	Complete salad Ensalada Completa	
Battered sole with tomato salad Lenguadina a la andaluza con ensalada de tomate	Grilled chicken breast with baby carrots Pechuga pollo plancha con zanahorias baby	Grilled pork loin with fries Cinta de lomo plancha con patatas fritas	Ham croquettes with lettuce and tomato salad Croquetas de jamón con ensalada de lechuga y tomate	Homemadre meatballs with fries Albóndigas caseras con patatas fritas	
MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30	
Roasted rice with tomato sauce Arroz blanco al horno con salsa de tomate	Steamed runner beans with ham Judías verdes al vapor con jamón	Roasted pasta gratin with tuna Coditos gratinados al horno con atún	Zucchini cream Crema de calabacín	Mixed salad Ensalada mixta	
Tuna omelette with lettuce and tomato salad Tortilla francesa de atun con ensalada de lechuga y tomate	Breadcumbred fried ham and cheese with lettuce and maize San jacobos con lechuga y maíz	Hake loin in spincach sauce Lomos de merluza en salsa de espinacas	Breaded chicken breast with tomato salad Pechuga pollo milanesa con ensalada de tomate	Homemade pizza Pizza casera	
DESSERTS/ POSTRES	Fresh fruit (3 times a week) and dairy products Fruta del tiempo (tres días a la semana), lácteos.				

2 YEAR OLDS				
DAY	CALORIES	CARBOHYDRATS	PROTEINS	LIPIDS
5	390	42	15	18
6	348	26	25	16
7	373	35	29	13
8	353	34	16	17
9	345	35	22	13
12	388	39	22	16
13	437	49	31	13
14	379	30	22	19
15	356	27	26	16
16	373	35	29	13
19	385	44	23	13
20	407	28	24	21
21	379	30	22	19
22	346	39	25	10
23	400	36	19	20
26	368	37	19	16
27	348	26	25	16
28	385	44	23	13
29	400	36	19	20
30	354	44	13	14